GRAPEVINE
VISITACION·VALLEY

NUMBER 223 | SERVING OUR COMMUNITY | FEBRUARY 2005

Excel After School Program at "Little Vis"

Students at Visitacion Valley Elementary School (VVES) use their library...

... and tackle their assignments through the Excel After School Progrsm.

Operated and funded by the SFUSD and the Mission YMCA, the Excel After School Program serves about 100 1st through 5th graders at Visitacion Valley Elementary School.

Americorps tutors help students with homework and tutor some individually in Reading and Math.

ROCK and Bay Area SCORES provide, free of charge, additional literacy and athletic enrichment activities like poetry and soccer.

New Tax Credit to Benefit Working Families

Mayor Gavin Newsom on Jan. 13 announced the launch of San Francisco's Working Families Credit. A local match to the national Earned Income Tax Credit, the second most successful anti-poverty program ever, the local Working Families Credit could benefit as many as 30,000 San Francisco families earning up to $36,000 annually. It is the only one of its kind in the country.

The Mayor was joined by Treasurer Jose Cisneros and H&R Block senior vice president Bernie Wilson. H&R Block is the Working Families Credit's largest sponsor, contributing $1 million to the fund in December and making possible one of the city's most significant public-private partnerships ever.

Mayor Newsom, who campaigned on a pledge of creating a local EITC, said "The Working Families Credit will help San Francisco families make ends meet today, while saving for the future. This program is a giant step toward making the city more affordable for working families, so they can live and raise their children here."

The Mayor also acknowledged the public-private cooperation that helped make today's launch possible. "The Working Families Credit is the product of a unique collaboration between the public and private sectors," he said. "The financial generosity of H&R Block, the creative talents of Group 1 and McCann-Erickson, as well as the incredible hard work of SF WORKS, were essential to making this possible."

Bernie Wilson, H&R Block senior vice president, echoed the Mayor's comments, saying "We are excited about establishing a working relationship with the city of San Francisco to help fund and develop this one-of-a-kind program."

The program will be administered by Treasurer Jose Cisneros, who called it "an opportunity for hard-working families to get a leg up."

The Working Families Credit is an incentive to encourage more working San Franciscans to apply for the federal EITC. Last year, eligible San Franciscans left $12 million in federal EITC monies unclaimed. The local program provides a direct cash payment to low-income, working San Francisco families with children. The $6 million program is an innovative public/private effort that combines city and philanthropic dollars at a rate of 1-1. The city's commitment is capped at $3 million, with $1.5 million budgeted for FY 2005-2006, and $1.5 million budgeted for FY 2006-2007.

Eligible families would receive payments based on a percentage of their federal EITC payment. At an estimated payout rate of 16 percent of EITC, the average payment would be $240 for families with one dependent and $360 for two or more dependents, with a maximum possible payment of $673.

Opportunity for Artists At New Valley Library

The San Francisco Arts Commission seeks applications from artists interested in being considered for the Arts Commission's 2005 Annual Pool of Qualified Artists for Public Art Projects associated with upcoming capital improvement projects by the City and County of San Francisco.

Applicants who are selected for the 2005 Artist Pool will be considered for numerous public art opportunities, including the new Visitacion Valley Branch Library.

The application deadline is March 1, 2005. Guidelines and application form are available at the Arts Commission website: www.sfartscommission.org/pubart/, or by calling (415) 252-2594.

Landmark Extension of Health Care Coverage To Young Parents

On the heels of the 4th anniversary of Healthy Kids Day in the City of San Francisco, Mayor Newsom and San Francisco Health Plan (SFHP), the City's community health plan, on Jan. 14 announced the extension of the widely successful Healthy Kids health insurance program to cover young parents.

The Healthy Kids Program, renamed *Healthy Kids and Young Adults*, was extended in July to cover young adults, ages 19-24, who aged out of Healthy Kids, Medi-Cal, or the Healthy Families Program. The new extension makes young parents, aged 19-24, eligible for complete medical, dental, and vision insurance if their children are covered by an existing government-sponsored health insurance program.

"The Healthy Kids and Young Adults program is an innovative and effective answer to the glaring need for affordable, reliable health care. By extending it to cover young parents, we are a step closer to providing health coverage for every San Franciscan," said Mayor Newsom. "At a time when health coverage for working families is a critical issue for federal and state lawmakers, San Francisco is taking the lead to ensure that San Francisco families receive reliable, quality health care coverage. The Healthy Kids program is a model for the country."

Jean Fraser, SFHP's CEO acknowledged that San Francisco is doing more with less by being more creative. "Being relentlessly positive and innovative is the only way to approach health care coverage in these difficult budget times," said Fraser. "Instead of bemoaning the fact that we don't have enough money to cover all young adults," she continued, "we worked with Mayor Newsom and the Department of Public Health to design a program to reach as many young adults and parents as possible, while living within our means." *See Page 7*

Hearing Request For Valley Plan Area

At a recent meeting of the Board of Supervisors, Supervisor Sophie Maxwell of District 10 made a hearing request before the Land Use Committee on the potential adoption of a *Redevelopment Agency Survey Area* for the *Visitacion Valley Plan Area.*

After years of work with the neighborhood, the Planning Department released a community plan for the area of Visitacion Valley at Schlage Lock, Leland Avenue, and parts of Bayshore. This hearing is intended to explore the use of the Redevelopment Agency as an implementation tool.

Achieving Higher Academic Standards At Visitacion Valley Middle School

by Mary Price

Teachers and students see hard work paying off at Visitacion Valley Middle Schoo (VVMS). High standards and a focus on academic excellence for all students at our local middle school are showing results. Last year, the largest number of eighth grade students (39) from VVMS had been admitted to Lowell High School, as well as other college prep high schools around the city. We hope to again be the middle school with the highest percentage of eighth grade students attending Lowell.

On Jan. 27, teachers and administration at VVMS will welcome parents and community members to our *Academic Night*. The school will take this occasion to showcase many of the wonderful things that are happening at the school. Among the presentations at *Academic Night* are: *Just Think*, a media literacy program. This year's sixth graders are benefitting from a grant that gives them opportunities to integrate technology into their Social Studies and Language Arts classes. Students are learning to use video cams, editing equipment and computers to produce presentations and reports.

The expected outcomes from this program are improved media literacy for all students at VVMS.

This year, all VVMS students are participating in a nationally recognized program called *Project San Francisco*. In this unique program, students have experiential learning opportunities every six weeks such as: visiting and interviewing local politicians at City Hall; sailing on the Golden Gate Ferry to study the archeology on Alcatraz Island; small group docent tours at San Francisco museums; and doing research on the Buffalo Soldiers with the National Park Service. All of these programs would not be available if not for the commitment from staff to find the grants and resources for programs that benefit our students.

Another bonus to our students is the after school Beacon Program. Many of our teachers stay after school to help students with their homework in after school tutorials. Teachers feel this opportunity for one on one educational support has contributed to positive results in the classroom. The *College Bound* program, girls science club, and huge participation in after school sports are all helping to make VVMS a "destination" school.

Teachers at VVMS are currently working on a school-wide grading policy. They want to ensure that their students' grades reflect the California State academic standards for each subject area. Teachers at Visitacion Valley Middle School want their students to be able to compete and even excel with their peers from other schools in the District and around the state.

Mary Price is the Instructional Reform Facilitator at Visitacion Valley Middle School.

AAA Creates Test To Predict Crash Risk

AAA has developed a new test that measures physical and mental abilities shown to be the strongest predictors of crash risk among older drivers. The first-of-its-kind tool comes in the form of a CD-ROM that will run on most personal computers. After completing the evaluation, the user gets advice on making safe decisions about driving.

"Driving safely involves a wide array of skills and abilities that tend to diminish as we age," said Sean Comey, spokesman for AAA of Northern California. "This new tool will help seniors recognize and address common problems that affect their driving ability."

People 65 and older are the fastest-growing population in the United States. By 2020, there will be more than 40 million licensed drivers ages 65 and older. Seniors have the highest crash death rate per mile driven of any age group on the roads, except drivers under the age of 25, according to National Highway Traffic Safety Administration.

Using video examples and easy-to-follow instructions, the senior driver safety test screens drivers in key capabilities:

**Leg Strength and General Mobility* – necessary to control acceleration and braking.

**Head/Neck Flexibility* – essential in checking blind spots, lane changes or merging.

*High Contrast Visual Acuity – needed to identify pavement markings, as well as detect many types of hazards in or near the road.

**Low Contrast Visual Acuity* – vital for driving in low visibility conditions such as dusk, rain or fog.

**Working Memory* – important in following directions, remembering traffic rules and regulations, and using information on highway guide signs.

**Visualization of Missing Information* – helps a driver recognize hazards even when seeing only part of the picture.

**Visual Search* – safe driving requires the ability to quickly find and recognize traffic signs and landmarks.

**Useful Field of View* – ensures drivers can pay attention to what is happening right in front of them while also noticing safety threats at the edge of their field of view.

"This is like a blood pressure test – something you check periodically to stay healthy," said Comey. "We believe it is imperative to evaluate your driving abilities on a regular basis. It's an easy way to prevent injuries and save lives."

Valley Gets a New Leland Avenue Grocer

Visitaoon Valley residents now have a new place to buy fresh produce, meats and dairy products at Casa Lopez Produce. Refugio Lopez opened his store on Jan. 2 at 58 Leland Ave. to the delight of his many new customers who appreciate being able shop for meat and produce at the same location.

Grapevine Mailbox

No Social Security Crisis

To The Editor:

I am writing to dispute the notion, put forward by the Bush administration, that Social Security is in crisis. There is, in fact, no crisis: all standard projections report that Social Security is financially solid.

Even with no changes whatsoever, Social Security's own projections show that the program can pay ALL scheduled benefits through 2042—and the CBO's independent projections report that all benefits can be paid through 2052. There is no crisis.

As for the Bush administration plan to privatize Social Security, no less an economic authority than Robert Rubin, the former secretary of the Treasury, says, "It's a badly, badly flawed plan."

In my opinion, one of the worst flaws is the naïve belief that average Americans will do a better, more prudent job investing the money that has historically been the case for Social Security. In fact, when past data are consulted, Social Security has outperformed both the Dow Jones and the Standard & Poor's 500 in the long run. How many "average" American investors can claim that success over the long run?

Sincerely, Peter Johansson

Honoring the Legacy of Dr. Martin Luther King

by Nancy Pelosi,
House Democratic Leader

In January, we honored the life and legacy of Rev. Martin Luther King Jr., who challenged the conscience of our country and affirmed our deepest values. He lived his life in the belief that "liberty and justice for all" is not just a pledge, but a fundamental principle that must guide us as a people.

Dr. King was an American hero and one of the greatest Americans ever to live. But his own definition of greatness was, as he said: "Everybody can be great because everybody can serve."

As we reflect on Dr. King, we are inspired by his words and deeds, but we honor his legacy most when we answer his call to service.

To honor his strong humanitarian beliefs, we must continue to help with the relief effort in the wake of the tsunamis in South Asia. To honor his passion for fairness, we must work to end racial discrimination and intimidation through racial profiling and voter suppression, and to end racial disparities in health care.

To honor his dedication to economic justice, we must end the national disgrace of one in five children living in poverty, including more than one-third of African American children. We must provide a quality education for every child and fully fund initiatives that students need to succeed. And we must fight for a better America in which African American unemployment is not twice that of the national average.

Dr. King had the ability to find hope in trying times. Even as we face the challenges of our day, we must celebrate the successes we have made as a society. Black families have expanded the middle class. There are more African American CEOs than ever before, and minority-owned small businesses are a significant part of our national economy.

African Americans are serving at all levels of government, including as Secretary of State. In the 109th Congress, we have 43 African American Members, the largest number in the history of this country. This includes four new House Members and the first African American Senator of the 21st century.

This progress was the work of heroes, not merely the tide of history. Great leaders such as Martin Luther King and great Americans all across the country made it possible through their sacrifice and service.

Last month, we lost a magnificent leader and an American heroine, Shirley Chisholm. Shirley Chisholm was the first African-American woman elected to Congress. When she took the oath of office, it was a breakthrough not only for African Americans and not only for women. It was a breakthrough for all Americans.

Shirley Chisholm was unflinching in the face of long odds and unfailing in her willingness to speak truth to power. We are forever in her debt and remain inspired by her example.

More than 40 years ago at the March on Washington, Dr. King challenged us with words as true today as when he spoke them. He said we must "remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism....Now is the time to make justice a reality for all God's children."

Let us honor Dr. King by building a country of opportunity that values our beautiful diversity, where all people have the chance to realize their God-given potential. Let us honor him by building an America that makes 'justice a reality for all of God's children.' And let us honor Dr. King's service with our own.

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California Public Utilities Commission Hearing

The California Public Utilities Commission (CPUC) is currently holding public hearings regarding the PG&E rate increases in five cities served by the utility company. Californians already pay some of the highest utility rates in the country.

These hearings, which are required by law, are a rare and important opportunity for people to express their concerns over high utility rates and repeated rate increases, directly to the five commissioners of the CPUC.

In San Francisco, the hearing will be held at 6 p.m. on Tuesday, Feb. 1 at the Commission Auditorium, State Office Building, 505 Van Ness Ave.

It is imperative that consumers who are PG&E customers attend these hearings and strongly voice their concerns. It is helpful to bring signs, have representative groups of partner organizations present and to alert the press.

The increase in rates, already approved by the CPUC and in effect since Jan. 8 are averaging about $8 per month for a family that uses 875 kilowatt hours per 30 days. PG&E argued that the additional revenue was needed to cover $315 million in increased costs for power purchases and distribution. Residential customers will absorb the bulk of the increase.

My First Year in Office

by Mayor Gavin Newsom

As I reflect on one year in office, I am struck by how much we have accomplished and how much we have yet to do. The first challenge of the new year is addressing the city's budget deficit – the largest in history.

Federal and state funding for programs as basic as housing, health care, police and fire, has dwindled precipitously. To put it into context consider that last year alone, we lost $70 million in state funding to our general fund and stand to lose at least another $35 million dollars this coming fiscal year.

In the face of such challenges, other cities retreat – choosing to accept the status quo and hope for better days. But not San Francisco. There is no budget crisis, no economic downturn that can cause us to surrender our core values or give up our fight for a safe, compassionate and livable city.

We are moving forward – doing more with less.

We are providing permanent housing and supportive services for the homeless. At last count, we have moved 606 people off the streets into permanent housing and created close to 1,000 units of new permanent supportive housing.

We launched Project Homeless Connect, creating a new and effective model for direct outreach to the homeless that to date has served 803 homeless clients and provided transitional housing for 54 people.

We are the only city or county in the country to fund a local earned income tax credit. The Working Family Credit, is an innovative public/private partnership that will benefit as many as 30,000 San Francisco families.

We are also the only city or county in the country to provide universal health care for eligible youth, ages 0-25. We began greening median strips along Junipero Serra, Lombard, Van Ness and Sloat Boulevard.

We launched a citywide, anti-truancy campaign in partnership with the San Francisco Unified School District to help keep our kids in school and out of trouble.

We completed a citywide disaster response plan, fully funded NERT, and implemented a state of the art outdoor early warning system, making us more ready than ever to respond to an emergency.

And thanks to innovative, good-government programs like CitiStat, "Just-in-Time" purchasing and the end of sole-source contracting, City Hall is working smarter and more efficiently than ever before.

I am proud of what we have accomplished. But I am the first to acknowledge that we've only just started.

While we brought 22 new companies to the city, created 8,000 new jobs and reduced unemployment by 17%, we must do more to encourage economic growth and create jobs.

That's why we've launched an ambitious program directed at bringing in high growth industries including a payroll tax credit targeted to the biotech industry.

Last month we announced the first biotech company to locate in Mission Bay. Five Prime Therapeutics will create 50 new jobs and generate at least $135,000 annually in property taxes. We are confident that other companies will follow

While fostering new industry, we cannot neglect our vital neighborhood centers. That's why we are revitalizing commercial corridors like 3rd Street in the Bayview, Leland Ave in Visitacion Valley, and the Mid-Market area, as well as establishing community benefit districts in the Castro, Tenderloin and Fisherman's Wharf.

And while we balanced the budget and closed a $307 million dollar deficit, the failure of Props J and K has forced us to find an additional $97 million dollars in savings this fiscal year, even as we face a $130 million dollar shortfall for the coming fiscal year.

And that's why we will continue to do things differently.

We will hold monthly Budget Town Hall meetings, allowing San Franciscans to provide direct input into the budget before it goes to the Board.

We will continue to do more with less, pursuing every possible cost saving; rethinking the way things have always been done. In the coming year, my administration will continue to innovate and invent. We will continue to look for real solutions to address homelessness, affordable housing, public safety and our quality of life.

We will continue to try what has never been tried before. Over the next three years, we will continue moving forward, advancing to a place where our communities are safer, healthier and stronger.

Middle School Science Fair at Randall Museum

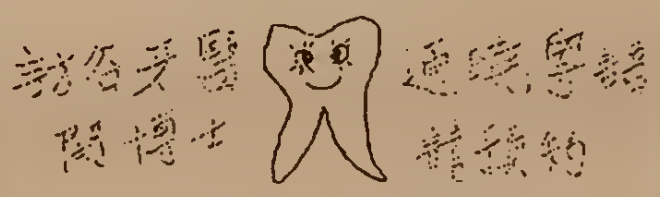
More than 200 science projects will be on display at the Randall Museum, 199 Museum Way, on Feb. 26 for the 23rd annual *San Francisco Middle School Science Fair.*

Thirty public and private schools will participate in this city-wide program designed to promote and recognize the efforts of student scientists. Entrants will be representing the best of more than 4,300 projects done at the schools this year.

An awards ceremony will take place Feb. 26 from 10:30 a.m. to 12 noon before projects are open to the public from 1 to 5 p.m. Projects will also be on display from Tuesday, Mar. 1 through Friday, Mar. 4 from 10 a.m. to 5 p.m.

Awards will be given to honor 1st, 2nd and 3rd place winners in each grade, with top 7th and 8th grade winners at that level progressing to the regional *San Francisco Bay Area Science Fair.*

VISITACION VALLEY DENTAL OFFICE
Albert Kuan, D.D.S.



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The Rev. Dr. Jerry O. Resus, Minister

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Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Micro-Minute
by Mr. Food

If you're like most people, you don't keep your New Year's resolution much past the middle of January. Maybe most of us don't keep our resolutions because we set unreasonable expectations for ourselves. I've got a solution for the resolution dissolution: make one that's easy to keep!

This New Year, resolve to spend more time with the people who mean the most to you. An easy way to get on the road to doing just that is to let your microwave oven simplify your life. Sounds practical so far, right? It is!

By letting your microwave oven speed up your cooking time, you'll be able to get tasty breakfasts, lunches, snacks and dinners on the table in a fraction of the traditional preparation time, leaving you with more time for fun stuff.

Even if a meal has to be put on hold because somebody's game goes overtime, or somebody else is late getting home from work, we can count on our microwave ovens, since many of them, like the Panasonic Inverter models, have handy "Quick Minute" or "Keep Warm" features to help keep food warm throughout. And don't forget all those other helpful options designed specifically for breakfasts, snacks, and even side dishes. Plus, if you've forgotten to take something out of the freezer, the "Turbo Defrost" feature really does the trick...without pre-cooking the food or giving it a rubbery texture.

So even if everyone is rushing around in the New Year, with a little help from our microwave ovens, we can still savor some quality time. And to get started off right with our resolutions, let's turn off the TV and sit down to a family meal featuring one of these quicker-than-ever recipes.

Thanks to our microwave ovens, being with the ones that mean the most to us is a New Year's resolution that's easier to keep, as well as one sure to make us shout..."*Ooh, it's so good!!*"

Breakfast Scramble

(4 servings) "This eye-opener takes less than 10 minutes to prepare, so it's a breakfast sure to entice our families to the table, and keep us going strong until lunchtime!"

1/4 pound bulk Italian turkey or pork sausage; 1 can (8.75 ounces) whole-kernel corn, drained; 2 scallions, thinly sliced; 5 eggs; 1/3 cup skim milk; 1/4 teaspoon salt; 1/4 teaspoon black pepper.

1. Place 2 paper towels in a microwave-safe 9-inch pie plate. Crumble the sausage onto the paper towels and cover with an additional paper towel. Microwave at 90 percent power for 2 minutes.

2. Remove the paper towels, and stir the corn and scallions into the cooked sausage, distributing the mixture evenly in the plate. Microwave at 90% power for 1 minute.

3. In a medium bowl, beat the eggs, milk, salt, and pepper until well combined. Pour over the sausage mixture. Cover with plastic wrap and microwave at 90 percent power for 2 minutes. Stir, moving the cooked mixture toward the center of the dish. Cover, and microwave at 90 percent power for 2 more minutes.

4. Let stand, covered, for 1 to 2 minutes, or until the eggs are set. Slice into wedges and serve.

Triple-Cheese Quiche

(6 to 8 servings) "With our microwave oven, three cheeses and a few other ingredients, we've got a perfect breakfast or lunch quiche that's impossibly easy to make, and impossible to forget!"

2 eggs; 1 package (8 ounces) cream cheese, softened; 2 scallions, thinly sliced; 1 cup (4 ounces) shredded Swiss cheese; 1 cup (4 ounces) shredded Cheddar cheese; ½ cup diced deli ham; 1/3 cup biscuit baking mix; 1 tablespoon Dijon mustard; 1/4 teaspoon black pepper.

1. Coat a microwave-safe 9-inch pie plate with nonstick cooking spray. In a medium bowl, combine all the ingredients and beat with an electric beater until well blended. Spread into the pie plate.

2. Microwave at 70 percent power for 8 to 9 minutes, until set. Let sit for 2 minutes then slice into wedges and serve.

Mediterranean Chicken

(4 servings) "Got 5 minutes? Then you have time to mix up some Mediterranean flavors for this family favorite. There's no passport needed for this taste adventure - just your imagination!"

4 boneless, skinless chicken breast halves (1 to 1-1/4 pounds total); ½ teaspoon paprika; ½ teaspoon salt; 1 jar (12 ounces) chicken gravy; 1-½ teaspoons fresh lemon juice; 1/4 cup dry white wine; 1 can (2.25 ounces) sliced black olives, drained; 1-½ teaspoons dried oregano.

1. Coat a microwave-safe 9" x 13" baking dish with nonstick cooking spray. Place the chicken in the dish and season it with the paprika and salt.

2. Microwave at 90 percent power for 3 minutes.

3. In a medium bowl, combine the remaining ingredients and pour over the chicken. Microwave at 90 percent power for 2 minutes, or until no pink remains in the chicken.

Serving Suggestion: To make this even more inviting, sprinkle each serving with crumbled feta cheese and sliced olives.

Quick Meat Loaves

(4 servings) "These may be small in size but they're sure big on flavor! Make a bunch of these and freeze 'em to have on hand for super-quick meals."

1 pound ground beef; ½ cup stuffing mix; 1 small onion, chopped; 1 egg; 1 can (10-3/4 ounces) condensed tomato soup, divided; 1/4 teaspoon salt.

1. In a large bowl, combine the ground beef, stuffing mix, onion, egg, ½ cup soup, and the salt; mix well.

2. Shape the beef mixture into 4 mini loaves and place in a microwave-safe 8-inch square baking dish. Pour the remaining soup over the meat loaves.

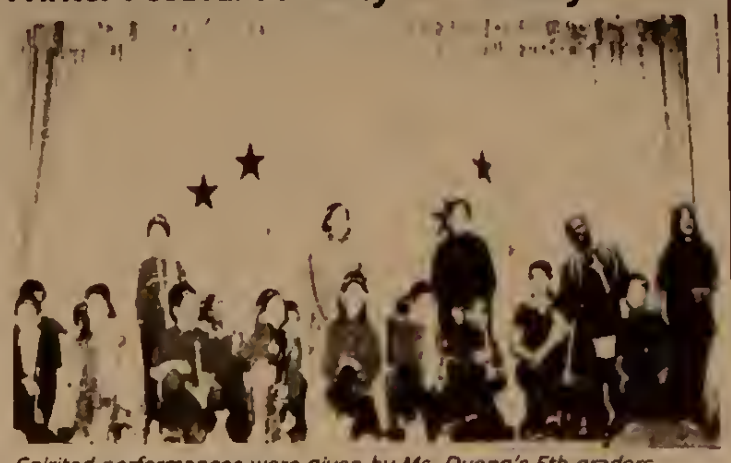
3. Microwave at 80 percent power for 10 minutes, or until no pink remains in the beef. Serve topped with the pan juices.

Serving Suggestion: Served up with some creamy mashed potatoes and steamed vegetables, this makes a hearty meal in no time!

Crossword Puzzle Solution

■	M	A	A	■	C	P	A	■	C	A	L	■
D	O	R	M	■	A	I	N	■	T	R	A	M
B	O	A	T	D	E	C	K	■	R	A	M	A
L	T	D	■	I	S	T	L	E	■	C	B	S
■	■	■	A	C	U	■	E	U	C	H	■	■
R	U	B	B	E	R	Y	■	R	I	N	G	O
A	G	R	A	■	A	E	S	■	L	I	A	O
S	H	O	C	K	■	P	E	R	I	D	O	T
■	■	C	A	I	N	■	A	M	A	■	■	■
M	P	H	■	M	A	H	D	I	■	E	K	E
B	A	U	M	■	S	A	U	T	E	R	N	E
A	B	R	I	■	A	D	C	■	N	O	I	L
■	A	E	S	■	L	E	K	■	A	S	T	■

Winter Festival at Valley Elementary School



Spirited performances were given by Ms. Duong's 5th graders ...

... and Ms. Dare's Kindergarten students at the VVES Winter Festival.

A Winter Festival at Visitacion Valley Elementary School (VVES) was a huge success, with a standing room-only crowd of parents and grandparents in the auditorium. Santa brought gifts for all students, thanks to the San Francisco Fire Department.

Kindergarten through 3rd grade students were also able to have their picture taken sitting on Santa's lap.

Family and Services Financial Literacy Class

Visitacion Valley Family and Community Services Center will be holding a *Financial Literacy Class* for six weekly programs on Thursdays from 5:30 to 7:30 p.m. at 325 Leland Ave. beginning Feb. 24. Call 586-6998 for more information.

Chinese Will Celebrate The Year of the Rooster

Chinese New Year Day this year will be Wednesday, Feb. 9 when the *Year of the Rooster* is celebrated.

The Chinese calendar dates back centuries before the present day Julian calendar and measures time based on the astronomical observations of the movement of the sun, moon and stars. It is Year 4702 by the Chinese calendar.

Northern California Gas Prices Drop for Third Straight Month

Gas prices are still 25-cents a gallon more on average than they were a year ago, but a new report from AAA finds retail prices are dropping.

According to the report by AAA of Northern California, which tracks gas prices as a service to consumers, the average price for a gallon of regular unleaded gasoline in California is now $1.94. That price is 22 cents per gallon less over the past month and a whopping 51 cents less than the state's record high price of $2.45 per gallon set on October 21, 2004. Leading the price drop parade in California is San Francisco, who saw its average price per gallon fall 35 cents.

The decline in retail fuel prices is due in large part to a stockpile of oil over the past couple of months and a fairly mild winter back east. The mild weather has not placed a huge demand on heating oil, allowing reserves of heating oil to be built. However, with cold spells moving into the Midwest and East Coast, those reserves will surely be in demand again.

Another issue that could greatly affect prices at the pump is the upcoming decision by OPEC. The cartel is scheduled to meet on Jan 30. At that time, further cuts in oil production will be discussed which would tighten the worldwide oil market. A previous OPEC decision to cut production took effect on Jan.1.

The most expensive average gas price in Northern California is in Yreka, where regular unleaded costs $2.16 per gallon. The lowest price among California cities tracked by AAA is in Tracy, where gas costs an average of $1.77 per gallon. Throughout Northern California, the average price is $1.88. In the Bay Area, the average price is $1.92.

The nationwide average price is now $1.81. The most expensive gas in the United States is in Wailuku, Hawaii, where a gallon of regular unleaded costs an average of $2.68. The least expensive gasoline is in Casper, Wyoming, where the average price is $1.62 per gallon.

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Book Reviews

Violence in America

Fist Stick Knife Gun: A Personal History of Violence in America by: Geoffrey Canada (Beacon Press, $13)

An essential guide for any adult – parent, teacher, caregiver or friend – wishing to assure the safety of youth without placing them in even greater peril than they are already experiencing. Written by a founder of the New York Beacon Centers, Canada speaks of growing up black in the city, comparing a difference between what kids faced in the '60s and what they have to live with now.

Here's a paraphrased "taste"... How can we protect our kids? If Johnny comes home after being beaten up at school, what do you do? Tell a teacher or principal? They'll call in the accused, and Johnny may is later face retaliation. Some kids now say, "I'd rather be judged by 12 than buried by 6." Do you tell your kids to learn to defend themselves? And does that mean (these days) that they should obtain a gun? Wow! This is not the *good old days*, and whatever one tries to do can very well cause more harm – perhaps even more death on the streets!

Spotlight on the Excelsior

San Francisco's Excelsior District by: Walter G. Jebe Sr. (Arcadia, $19.99)

The Excelsior District traditionally has not been among San Francisco's "spotlight" neighborhoods, yet this area is an important residential and commercial zone that is home to some 30,000 residents.

These rolling hills south of San Francisco's better-known districts are now covered with row upon row of houses, streets, and apartments. But places like the Excelsior were once sparsely populated, agrarian, and even rural.

This volume of vintage photographs chronicles the Excelsior's intriguing journey from rugged swamp and farmland to the busy cosmopolitan neighborhood we know today. It is a tale of determined immigrant families putting down roots in a challenging locale and overcoming adversity to stake out a permanent enclave in this famed city.

It is also a story of large-scale construction and reclamation to tame the rugged outskirts of San Francisco.

Composting and Gardening Classes in February

**Urban Composting*, Saturday, Feb. 5, 10 a.m.-12 noon. Turn your kitchen scraps into a rich soil amendment for your plants. Learn how to turn that "garbage" into garden gold at the *Garden for the Environment*, 7th Avenue at Lawton Street. *Free!*

**Introduction to Irrigation Systems*, Feb. 5, 10 a.m.-1 p.m. Join the GFE and the Urban Farmer for this workshop on the basics of installing an irrigation system. Learn the most effective and efficient ways to deliver water to your landscape with minimal waste. *Garden for the Environment*. Pre-registration required. This workshop is part of a *Resource Efficient Gardening and Landscaping Program*. Call 731-5627 for a class listing or to pre-register. *Free!*

**Natural Pest Control*: Feb. 12, 10 a.m.-1 p.m. The basics of organic pest control techniques will be covered in this workshop, focusing on least toxic ways to deal with garden pests and diseases. Learn to create a healthy ecosystem in your garden by planting to attract wildlife and a diversity of beneficial insects, which will help prevent pest problems. *Garden for the Environment*.. Pre-registration required. This workshop is part of a *Resource Efficient Landscaping Education Program*, Call 731-5627 for a class listing or to pre-register. *Free!*

**Gardening and Composting Educator Training Program*: Application deadline is Feb. 12. This three-month training and outreach program starting Feb. 26 explores ecological gardening, composting, and community outreach techniques, and creates a vital ongoing volunteer group for supporting home, school and community gardening. Classes meet on Saturdays from 10 a.m. to 4 p.m. in addition to six Wednesday evenings. Visit www. gardenforthe enviroment.org or call 731-5627 for an application or more information.

Six Smart Money Moves in An Annual Financial Checkup

by Ellie Kay, Family Financial Expert

The beginning of the year is a great time to follow six smart money moves that should be a part of your annual financial checkup:

1. *An Emergency Savings Account*: This is not an investment account; its purpose is not. growth, but safety. These funds would be accessed in the event of unemployment, emergency home repairs, or unexpected bills and can be built with automatic monthly savings fund transfers from your paycheck. It's good to have a minimum of three month's worth of living expenses in this account.

2. *Health Insurance:* Double your insurance dollars by using a new program approved in January of 2004 by Congress-Health Savings Accounts, or HSAs. This is like an IRA for health care. You can use the tax-free money needed for health care services and products not covered by your health insurance plan today and save the remainder in an interest-bearing account for tomorrow.

At www.eHealthInsurance.com you'll find HSA-eligible plans available immediately and anonymously, or get help from their no-pressure customer care representatives by phone. The two main benefits to remember about HSAs are: a) they make coverage more accessible and affordable and, b) they give consumers greater control over money spent on health-related expenses.

3. *A Retirement Account*: Take advantage of terrific tax-deferred accounts offered by your employer, including 401(k) and 403(b) plans. Keep in mind that Health Savings Accounts are in addition to traditional retirement plans so max out tax advantages by implementing both of these plans.

4. *A Good Credit Rating:* Three quick and simple ways to improve credit ratings include: a) pay bills a day early rather than a day late, b) pay $5 to $10 above the minimum payment, and c) never carry more than 50 percent of your total credit line on any given card.

5. A College Fund-Select a college savings account that has low fees, a good selection of investments, plus a tax break. One of the best buys is a Qualified State Tuition Plan, also called 529 Plans. Go to www.savingforcollege.com to research the right tax-deferred or tax-deductible plan for you.

6. *An Internet Connection:* Here's an easy one. As simple as it may sound, Internet access is a good financial move because it allows you to study any financial topic with a few clicks. This helps with everything from researching health insurance rates at www.el fealthinsurance.com to locating money-savings links at www.elliekay.com. **NAPS**

Ellie Kay is the best-selling author of eight books, a frequent guest on CNBC and CNN and a national radio commentator with "Money Matters."

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 6 must be with a paying adult. Arts Card members receive a 2-for-1 discount. Call 554-9600 for further information.

*Feb. 5: *Mushroom Charms:* Make a mushroom charm you can wear.

*Feb. 12: *Pop-up Valentines:* Design a one-of-a-kind Valentine card.

*Feb. 19: *Clay Pots with Faces:* Create clay pots with faces, using both ochre and white clay.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

IMPORTANT LEGAL NOTICE

Pacific Bell has agreed to pay up to $16 million (in prepaid phone cards) to residential renters to settle a class action lawsuit. You can file a claim if you were first charged for WirePro between March 1997 and April 2002 and you did not know your landlord was responsible for residential inside wiring.

If you were first charged for WirePro service during this period, and think you qualify for a refund, please answer these questions:

1. Were you first charged for WirePro between March 1997 and April 2002? ☐ Yes ☐ No
2. Were you renting your home or apartment during that period? ☐ Yes ☐ No
3. If you answered "Yes" to both 1 and 2, how long were you a WirePro customer during this period? (Check only one box)
   ☐ Less than 1 year ☐ 1-2 years ☐ 2-3 years
   ☐ 3-4 years ☐ 4-5 years ☐ More than 5 years

BI-3835 12/04 Printed on recycled paper with soy ink.

Please print carefully (use ink):

Your name: _____

Home address: _____

Pacific Bell telephone number: ( ) _____

I declare the information above is true and correct and subject to penalty of perjury under the laws of the state of California. I agree that Pacific Bell can verify (check) this information.

Sign here: X _____

Date: _____

Return Claim Form to: PACIFIC BELL, PO Box 109, Milan, IL 61264-0109, no later than March 1, 2005. Approved phone cards will be mailed after April 1, 2005. If you have any questions regarding this form, you may contact class counsel who may be reached at: James C. Sturdevant, The Sturdevant Law Firm, 475 Sansome Street, Suite 1750, San Francisco, California 94111, (415) 477-2410, jim@sturdevantlaw.com; Allan Steyer, Steyer Lowenthal Boodrookas Alvarez & Smith LLP, One California Street, Suite 300, San Francisco, California 94111, (415) 421-3400, Asteyer@steyerlaw.com.

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FREE CERAMICS CLASS

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Visitacion Valley Community Center,
66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

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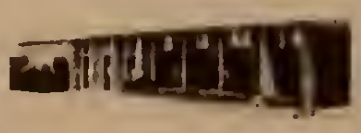
For more information, call the VCC Senior Program: (415) 467-4499

Church of the Visitacion

Roman Catholic (1907)



97 Years in Visitacion Valley

Daily Masses (Mon-Fri) 7 a.m. & 5:30 p.m.
Saturday Masses 7:30 a.m. & 5 p.m.
Sunday Masses 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m.
Our Lady of Visitacion School Grades K-8 239-7840
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* Justyna promises to answer any real estate questions within 24 hours free of charge.

我說中文

2488 Junipero Serra Blvd. Daly City, CA 94015

Bayview Police Station Update

by Bayview Captain Rick Bruce

First Tee Golf Program

Last spring and summer, we participated in the national *First Tee* golf program, held locally at Harding Park, and lots of kids from Hunter's Point were exposed to golf for the first time and had a great time. The program won't begin again until spring, and in its absence, one of our sergeants has been taking kids to the Mission Bay driving range on Sundays in an effort to keep the kids playing through the winter. Numerous Bayview residents have supported these efforts by donating golf clubs to the station, and we appreciate this generosity. In addition, the Mission Bay Golf Center has supported these efforts by "comping" the kids when they go to the range.

Police Cases

*On Dec. 17 at 10 p.m., officers responded to 700 block of Delta Street in the Ingleside District in response to a person breaking into a residence. When they arrived the doors were locked and they were unable to get in. Dispatch told them the victim had locked herself in a bedroom and would not come out because she heard someone moving things in her kitchen. Officers tried to talk the suspect into opening the door but were unsuccessful. They forced open the door and found the suspect in the kitchen, It was determined that the suspect was the son of the victim, however there was a restraining order preventing the son from being near the residence. the son was arrested and charge with violating a restraining order and delaying an investigation.

*On Dec. 27 at 1:45 p.m., a Bayview officer responded to the 2600 block of San Bruno regarding a suspicious occurrence. The male caller told officers that "...the government was out to get (him)." The caller also told officers that he was being watched by unknown people. The caller appeared in good physical health and did not meet the criteria for a psychiatric detention (5150 hold), but he did have an outstanding warrant for his arrest and was taken to County Jail with a request for a psychiatric evaluation by medical personnel in the jail.

*On Dec. 28 at 4:30 p.m., an officer responded to Peabody Street to take a report of a gun incident which had occurred earlier in the day on Dakota Street. The female victim told the officer that her ex-boyfriend had come to her home and demanded his property. When the ex-boyfriend couldn't find his property, he pistol-whipped the victim and then punched her several times. The ex-boyfriend was accompanied by several other males, one of who was armed with an assault rifle. The man with the rifle also threatened the victim, and then fondled her in the presence of the other men. A friend of the victim's then phoned her and told her that he was in front of her home, and she ran out of her apartment and entered the friend's car. Both the victim and the friend then fled. The ex-boyfriend is wanted for numerous felony charges and is believed to live on the 1800 block of 25th Street.

*On Dec. 30 at 10:52 a.m., officers were on patrol at Felton and Amherst when they saw a stolen vehicle parked and unattended. The officers remembered that the vehicle had been stolen following a domestic violence incident which involved a felon with a no-bail parole warrant. The officers went to the nearby home on Amherst where the man was believed to be staying, and when the officers knocked on the front door, the man ran out the back of the home. An officer had already been positioned in the rear of the home, and upon seeing this officer, the parolee ran back into the house and toward the front door, and was eventually taken into custody. The man was booked for violation of parole.

*On Dec. 30 at 1:10 p.m., an officer took a report of a carjacking which had occurred at San Bruno and Silver. The victim stated that he was driving and stopped for a red light when a white Honda pulled alongside him and its two occupants inquired about the "For Sale" displayed on his car. One of the men then approached the passenger door of the victim's car and opened it, pointing a black semi-auto handgun at the victim. The suspect said, "Get the (expletive deleted) out of the car," and the victim complied. The two suspects then fled in the two vehicles. Suspect one is a black male, 23-24, 6'0", 170, wearing a black hooded sweatshirt and black jeans. Suspect two is a black male, 6'0", 190, wearing a black and red baseball cap. The vehicle stolen is a 1986 Toyota Supra, hatchback, 2 door, baby blue in color, 18" rims, no license plate, but a paper plate with the word "Shield" printed on it displayed on the car. On Dec. 31 at 9:30 p.m., the victim saw the vehicle driving past 25th and Dakota.

*On Jan. 2 at 3:34 p.m., officers responded to a home on the 300 block of Wheeler on a death threat call. The caller, a tow truck driver, told officers that he was towing a vehicle at the request of a woman when the woman's boyfriend came out of the house and threatened to kill him if he completed the tow. The driver opted to stop towing the vehicle, and he then phoned police. The tow truck driver told the officers that he didn't want the man arrested and didn't want to cooperate in the investigation, he just wanted the officers to stand by while he completed the tow. The officers then interviewed the man who had made the threats and determined that he was wanted for an outstanding warrant which charged him with...making death threats. The man was booked on the warrant.

*On Jan. 4 at 4 p.m., an officer took a report of a robbery from an 18 year-old young man who stated that he was walking on Somerset at Felton when he was approached by two young suspects who displayed a gun to him and demanded his property. The victim surrendered his property, and the suspects then fled. Suspect one is a black male, 12-14, 5'7", 120, short "Afro" hair style, wearing a gray sweater, armed with a silver/black handgun. Suspect two is a black male, 12-14, 5'0", 100, wearing a black jacket, possible braces on teeth.

*On Jan. 5 at 8:45 p.m., an officer took a report of a "road rage" incident from a woman who stated that she and her friend were driving near Sawyer and Visitacion when they saw another woman they both know (and who knows one of their boyfriends), and the woman began following them in her car. The third woman (suspect) then rammed the vehicle carrying the first two women, and proceeded to "chase" it. The suspect was able to ram the victim's vehicle three more times prior to fleeing the area. When questioned as to the motive for the attack, the second woman would only state, "The bitch is just crazy." The officers went to the suspect's home on the 1000 block of Silver but were unable to locate her.

*On Jan. 6 at 11:15 p.m. an officer Wong took a report from a man who told him that his brother had assaulted him. The victim had visible lacerations and contusions on his face. The victim stated that his brother had physically attacked him for no reason with his fists, and had then struck him over the head with a piece of wood. Bayview officers responded to the home where the incident had occurred, on the 700 block of Girard, and arrested the brother for aggravated assault. A jail psych hold was placed on the brother.

*On Jan. 7 at 8:30 p.m., officers responded to the 900 block of Rutland regarding a sexual battery. Officers were following up and attempting to serve and emergency protective order when they observed the suspect. The suspect was served with the order and was booked on the sexual battery charges.

*On Jan. 10 at 6 p.m., a robbery occurred at Bacon and Bowdoin Sts. A woman had her purse stolen from her. She tried to hold on but the suspect used force and was able to get the purse. The victim sustained some abrasions to her leg and hand. The suspect is outstanding.

*On Jan. 11 between 4 and 6 p.m. at San Bruno and Silver, a man parked his vehicle and went to diner. An unknown suspect broke a window and stole items that were left on the back seat.

Police Summaries

*Dec. 17: 9:30 p.m., 151 Wayland St., theft from auto.
*Dec. 17: 10:45 a.m., 416 Bowdoin St., burglary, residence.
*Dec. 18: 8:30 a.m., 700 block of Bacon St., battery.
*Dec. 27: 7:25 p.m., 820 Mansell St., check on well-being.
*Dec. 27: 3 p.m., 48 Teddy Ave., stolen auto.
*Dec. 28: 6 a.m., Woolsey & Goettingen Sts., stolen auto.
*Dec. 28: 11 a.m., 2907 San Bruno Ave., cut phone lines.
*Dec. 29: 7:26 a.m., 1255 Silliman St., mental health detention.
*Dec. 29: 10:10 a.m., 2527 San Bruno Ave., burglary, commercial.
*Dec. 29: 7:01 p.m., 9 Dartmouth St., mental health detention.
*Dec. 30: 12:20 a.m., San Bruno Ave. & Wayland St., suspended license.
*Dec. 30: 10:35 a.m., 300 Goettingen St., auto boost.
*Dec. 30; 5:45 p.m., 2480 San Bruno Ave., shoplifting, suspect cited.
*Jan. 3: 5 a.m., 345 Mansell St., vandalism to vehicle.
*Jan. 3: 8:10 a.m., 562 Bowdoin St., auto strip.
*Jan. 3; 11:18 a.m., 601 Bowdoin St., auto boost.
*Jan. 3: 4:55 p.m., 110 Bacon St., vandalism.
*Jan. 4: 3:40 a.m., 2469 San Bruno Ave., stolen auto.
*Jan. 4: 6:52 a.m., Silver & San Bruno Aves., injury accident.
*Jan. 4: 8:27 p.m., 2335 Silver Ave., mental health detention.
*Jan. 5: 11:55 p.m., 1145 Bacon St., recovered stolen auto.
*Jan. 5: 1 p.m., 400 Mansell St., possession of marijuana (student).
*Jan. 6: 3 a.m., 841 Girard St., auto boost.
*Jan. 6: 1:21 p.m., 350 Girard St., recovered stolen auto.
*Jan. 6: 7:24 p.m. 946 Rutland St., domestic violence.
*Jan. 7: 12 midnight, 490 Girard St., trespassing.
*Jan. 10: 2 p.m., 444 Woolsey St., residential burglary, loss of camera.
*Jan. 12: 9 p.m. 2800 block of San Bruno Ave., burglary, apartment.
*Jan. 13: 1 p.m., 400 block Mansell St., weapon possession at school ground.

Grapevine Puzzler Currencies of the World

C	F	G	T	Y	U	I	H	F	G	F	R	A	N	I	D	S	F	G	H
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F	X	C	D	F	G	M	A	H	R	I	D	X	C	V	F	D	E	D	A

Baht, Bolivar, Dinar, Dirham, Dollar, Euro, Forint, Franc, Koruna, Krona, Krone, Lira, New Peso, New Sol, Peso, Pound, Rand, Real, Ringgit, Riyal, Ruble, Rupee, Rupiah, Shekel, Shilling, Won, Yen, Yuan, Zioty

Historic Proportions

Match clues to answers.

2004

1. Oldest pitcher in major league history to throw a perfect game on May 18.
2. He was reelected president of Russia on Mar. 14.
3. They won the NBA Championship on June 15.
4. They won the Super Bowl Feb. 1.
5. Powerful earthquake here on Dec. 26 triggered tsunamis that killed hundreds of thousands of people.
6. Nominated by Democrats for President on July 29.
7. An unmanned U.S. spacecraft landed on Mars on Jan. 3.
8. Summer Olympic Games opened here on Aug. 13.
9. He became first president of Afghanistan on Nov. 3.
10. They won the NHL's Stanley Cup finals on June 7.
11. On July 25, a U.S. cyclist won the Tour de France for the 6th straight year.
12. Beating all odds, they won the World Series in four games Oct. 27.

A. John Kerry
B. Spirit
C. Vladimir Putin
D. Boston Red Sox
E. Tampa Bay Lightning
F. Athens
G. New England Patriots
H. Randy Johnson
I. Hamid Karzai
J. Lance Armstrong
K. Detroit Pistons
L. Indian Ocean

Answers: 1-H; 2-C; 3-K; 4-G; 5-L; 6-A; 7-B; 8-F; 9-I; 10-E; 11-J; 12-D.

Five Years Ago In the Grapevine

FEBRUARY 2000

*Visitacion Valley merchants, schools, churches and community service providers will join to celebrate the many cultures that make up the neighborhood in a Multicultural Celebration to be held in the Visitacion Valley Community Center gymnasium from 11 a.m. to 2 p.m. on Feb. 26.

*Visitacion Valley Family School (VVFS) faculty, city officials, volunteers and citizens came together Dec. 10 at Visitacion Valley Community Center (VVCC) to give thanks and to celebrate the grand reopening of the recently renovated Family School kitchen.

*Sponsored by the Visitacion Valley Elementary School (VVES) PTA the multicultural pot luck dinner brought about 100 parents and children to the school on Dec. 16.

*Some Visitacion Valley residents recently received a shocking neighborhood bulletin warning about animal cruelty.

Sez Who?

Match quotes to speakers.

1. "Try to be one of the people on whom nothing is lost."
2. "A good film is when the price of the admission, the dinner, and the babysitter was well worth it."
3. "I never dared be radical when young, for fear it would make me conservative when old."
4. "The man who sees both sides of a question is a man who sees absolutely nothing at all."
5. "If there are obstacles, the shortest line between two points may be the crooked one."
6. "I'm an optimist, but I'm an optimist who takes his raincoat."
7. "Everything of importance has been said before by somebody who did not discover it."
8. "The penalty of success is to be bored by people who used to snub you."
9. "What deep wounds ever closed without a scar?"

A. Bertolt Brecht
B. A. N. Whitehead
C. Alfred Hitchcock
D. Lord Byron
E. Henry James
F. Nancy Astor
G. Oscar Wilde
H. Harold Wilson
I. Robert Frost

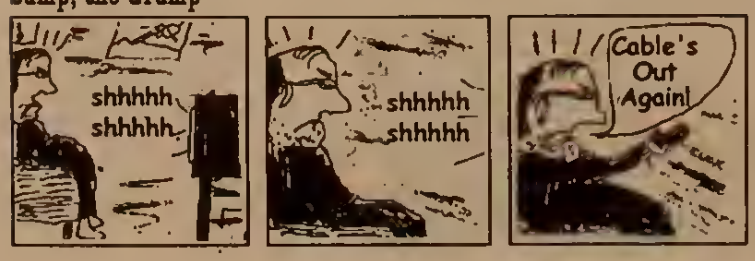
Answers: 1-E; 2-C; 3-I; 4-G; 5-A; 6-H; 7-B; 8-F; 9-D.

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8; 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Sump, the Grump



Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: Do you make New Year resolutions? Should I? – Julie

Poor Rix discovered long ago that the best resolutions require the least effort. Big plans often lead to big problems. Listen to these horror stories:

Last year, my friend Lisa resolved to marry. That didn't work, because that same year her boyfriend resolved to break up.

This month, one of my buddies plans to convert to vegetarianism. That's a big step, because he's a cannibal.

Complicated resolutions require extreme action. No one should ever take a giant step, except maybe on Leap Year. Perhaps these tips will help:

1. My friend Ernie plans to exercise one minute more each day. Because he doesn't exercise at all now, his routine won't change much in 2005.

2. If you're in school, resolving to make outstanding grades will require time, study, and effort. An alternative step might be: "I resolve to do better next semester, or at least not worse."

3. Ask others with the same goal for support. My buddy Dave and his wife resolved to eat better. So they dine on healthy salad, and reward themselves with junk food.

4. Limit the resolutions you make. Last year Poor Rix made only one: "Don't make resolutions for 2004." Ah, success.

5. Finally, remember that – much like world records – resolutions are made to be broken.

Dear Poor Rix: It's really cold in my town. What can I do for fun this time of year? – Don

Don, it's cold because it is winter. If it were hot, we would worry that there's a hole in the ozone layer. But the ozone layer is invisible, so it would be really hard to find the hole.

For winter amusement, many people ski. That's fun if you like to go downhill really fast. Poor Rix does not ski, because he is going downhill fast enough already.

In icy weather, it's unwise to water ski. Not only is it hard to stay up, but falling on a frozen lake is quite painful.

If you hate cold weather sports, you might go to an indoor boxing match or basketball game. (Sometimes you can see both events at once.)

Yes, cold weather can be brutal, but just think how tough our ancestors had it, before central heat and TV remote control. Houses got so cold at night, folks invented windows just so they could close them.

And think about long winter travel before cars. What if your wagon wheel fell off? What if your horse ran away? Or what if you got stuck outside in the snow, and your CD player broke?

Don, Poor Rix is convinced winter is like a bad date. It's cold, it's unpleasant, and it seems like it lasts forever.

Dear Poor Rix: Some people eat lots of meat. Others eat vegetables only. Which is right? - Hungry Harold

It's alarming to read about the feud between meat-eaters and vegetarians. Why can't we all just be hungry friends?

For the record, Poor Rix became a vegetarian 25 years ago as the result of a bizarre rare steak incident.

I still dine with meat-loving buddies, but never eat off their plates.

In response to frequent questions about vegetarians:

1. Some of us believe this diet will help us survive longer. Poor Rix will let you know in about 80 years

2. Poor Rix does not know if vegetables possess brains.

But I do know that cauliflower and lettuce have heads.

3. A vegetarian who eats dairy products is called a lacto vegetarian. One who eats eggs is an ovo vegetarian.

A vegetarian who eats meat might provoke a rhubarb.

4. Many vegetarians love eggplant. We also know that if you plant an egg, you will not grow a chicken tree.

5. It's speculated that the world's earliest vegetarians were actually meat-eaters who were too slow to catch animals.

Poor Rix doubts this, because cows are not world-class sprinters.

6. Do vegetarians have a secret greeting? When Poor Rix meets another vegetarian, he says, "Hi, herb. How ya bean?"

7. Can meatless meals lead to memory loss and apathy? Poor Rix can't recall, and doesn't really care.

Dear Poor Rix: I hear there's some research that claims people today have shorter attention spans. Could this be true? – Concerned

Well, it appears that because multiple messages bombard us daily, we mentally "delete" those we don't currently need. (This explains why we forget what we had for breakfast, or why Poor Rix simply calls his friends "Pal.")

Latest reports – compiled by scientists who pay attention – set the average adult attention span at only eight minutes. It's reportedly even shorter if you're a dog, and shorter still if you're a roaming animal, like a wild bachelor.

The key to getting attention, research says, is to appeal to as many senses as possible. If we can see something, hear it, and have a chance to "talk back" to it (such as responding to a message by typing a response), we're more likely to retain it.

Following this logic, the best way make a person remember you is to meet her, ask questions, listen to her answers, shake her hand, then buy her dinner.

A few years ago, we called this a "date." Today, however, we applaud this as a great scientific discovery.

So what have we learned? (1) To get somebody's attention, ask him or her out for dinner. (2) To keep that person's attention, limit the date to eight minutes.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Answering Questions About Car Care

Answering some common questions about car care can put you on the road to many enjoyable, worry-free miles.

Q. My car went through a rough winter. Is there anything special I should do for it?

A. Cold weather, snow and road salts can damage a vehicle. Road salts can stick to your car's undercarriage-spray under the steel frame, especially behind the rear wheels, to prevent rusting.

Check your tire pressure. Warmer weather can cause the air pressure to expand. Keep your tire pressure filled to the proper levels specified by the manufacturer.

Check your windshield wiper blades for any damage. Each entire blade should feel smooth to the touch. If it feels rough or if it streaks across your windshield, it's probably time to replace it.

Change the oil and filter at the start of every season. Cold starts and excessive idling may have allowed excess moisture to accumulate inside the engine. Also, partially burned gas may have pushed past the pistons into the oil. This mixture of water and fuel can thin and contaminate oil and rob it of its lubricating properties.

Q. Does warm weather demand any special car care?

A. Yes. Heat is particularly tough on your car's battery, especially if it's more than two years old. Heat causes battery fluid to evaporate, which can lead to corrosion of the battery's positive plate grids and other damage to its internal structure.

The Car Care Council estimates that annually an average of one in four vehicles needs its battery replaced. It's more convenient and cost-effective to check and change your battery than wait until it fails on its own.

Q. Do vehicles like SUVs and minivans need different oils than smaller vehicles?

A. Some vehicles, especially SUVs, minivans and light trucks operated in severe driving conditions, can benefit from specially formulated motor oils. Severe driving conditions include frequent trips in stop-and-go traffic, frequent short trips, hauling heavy loads, or driving in extreme hot or cold temperatures.

For vehicles with more than 75,000 miles, the seal-conditioning properties in specialty oils can help prevent leaks. Other types of vehicles, like luxury and sports cars, 4x4's and trucks, can benefit from specialty oils as well. *NAPS*

Valley Library Events

Following are events in Visitacion Valley during February sponsored by the San Francisco Library:

*Teens can tell their own story in a special Black History Month celebration of storytelling and poetry on Wednesday, Feb. 2 from 12:30 to 2:30 p.m. at the Visitacion Valley Middle School auditorium, 450 Raymond Ave.

*Opera Piccola "Small Works" Theater Company will present *The Stolen Aroma · A story from Africa. Volunteer* as part of its show for children of all ages at 1 p.m. on Tuesday, Feb. 22 at the Visitacion Valley Branch Library, 45 Leland Ave. Space is limited. Call 355-2848 for reservations.

Crossword Puzzle

Solution on Page 3

ACROSS
1 Sheep's cry
4 Certified Public Accountant 9abbr)
7 Wolframite
10 School residence
11 Own (Scot.)
12 Trolley
14 Poop (2 words)
16 7th incarnation of Vishnu
17 Limited (abbr.)
18 Agave fiber
20 Television channel
21 Pointed (pref.)
22 You (Ger.)
24 Elastic
28 One of the Beatles
31 Indian carpet
32 Bronze (Lat.)
34 River into the Yellow Sea
35 Dismay
37 Birthstone
39 Killer of Abel
41 Amer. Medical Assn. (Abbr.)
42 Miles per hour (abbr.)
44 Last Imam
46 Barely get by
49 Oz books author
51 White wine
53 Hillside shelter
54 Military assistant
55 Knotted fibers
56 Rom. Bronze
57 Bird's display area
58 Shak. Contraction

DOWN
1 Disputable
2 Jack-in-the-pulpit
3 Danish county
4 Pause in poetry
5 Ancient British
6 Tarsus
7 Center (abbr.)
8 Mite
9 Young sheep
10 Double (abbr.)
13 But (Sp.)
15 Gaming cubes
19 Europe (abbr.)
21 Cordage fiber
23 Eyelashes
24 Eth. title
25 Exclamation
26 Booklet
27 Affirmative
29 General Accounting Office (abbr.)
30 Out (Scot.)
33 Elder (2 words)
36 Kipling hero
38 Exude
40 Skull bone
42 Master of Business Education (abbr.)
43 Para-aminobenzoic acid
45 Geological vein angle
46 Winged god
47 Unite
48 Conger
50 Badly (pref.)
52 Alfonso's queen

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell

Suspect Identified in Middle School Robbery

On Nov. 9, 2004 at 6:55 a.m., a suspect armed with a handgun robbed two teachers inside Visitation Valley Middle School. The suspect also threatened to kill a teacher.

The school was evacuated for several hours while a comprehensive search was conducted for the suspect, however the suspect escaped.

After an intensive investigation by members of the *Robbery Detail* coupled with assistance from Ingleside officers, an arrest warrant has been issued for Robert Harrison, 38 years-of-age, for robbery, burglary and false imprisonment. He is currently in custody in San Mateo for an unrelated case.

Work of the Officers

There is not a day that goes by that some member of the community asks me how to acknowledge the good work of the officers of the Ingleside Police Station.

One of the key motivators of good and ethical police work is the support of the community members who pay our salaries and whom we serve. If you have contact with one of my officers and feel that he or she has been particularly responsive in handling a problem or making an arrest, please send me an email or a note or card in the mail and we will ensure that Chief Heather Fong, Deputy Chief Greg Suhr and Commander David Shinn (my superiors) are aware of your support and we will also ensure that the officers are made aware of your thanks.

Police Cases

*On Dec. 17 at 9:30 p.m., officers responded to the 100 block of Blythdale on a domestic violence case. They encountered a suspect who was in violation of a restraining order and had a felony assault warrant with no bail.

*On Dec. 18 at 6:05 p.m., officers went to the 1800 block of Sunnydale to serve a domestic violence warrant. They located the suspect and also arrested him for a narcotics charge.

*On Dec. 20 at 10:30 p.m., shots were heard on the 100 block of Britton. A suspect was seen by security officers dressed in black clothing carrying a gun and running toward the 1400 block of Sunnydale. A victim was shot multiple times in the chest and arms and has survived at San Francisco General Hospital. The investigation is being handled by the Night Investigations Unit. Anyone with information should call 553-1071.

*On Dec. 21 at 10 a.m. officers responded to Mansell and Visitacion where a 20 year old victim was found bleeding from a stab wound. The victim was uncooperative but did say he was robbed of his wallet and stabbed. The victim was taken for treatment and the investigation is continuing. At 5:30 p.m. officers stopped a vehicle for traveling through a stop sign at Sunnydale and Sawyer and detained three known gang members. The driver, who lives on Blythdale, was driving with a suspended license. He was cited and his vehicle towed. At 5:38 p.m. an Ingleside police sergeant advised officers that a suspect was wanted on a no bail parole warrant. The officers located the suspect on the 200 block of Argonaut and also found suspected cocaine on his person.

*On Dec. 26 at 3:30 a.m., officers went to the 100 block of Santos on a domestic violence call where the victim had been beaten repeatedly, slammed against a wall, dragged along the floor and rendered almost unconscious. The suspect was arrested at the scene and charged with three felonies.

*On Dec. 28 at 3:40 p.m., an officer went to the 300 block of Arleta on an elder abuse case, investigated the matter and cited a subject for misdemeanor elder abuse charges for a battery incident.

*On Dec. 29 at 4:24 p.m., officers were in the area of the 1900 block of Sunnydale when they heard a gunshot coming from Brookdale and Blythdale. The officers began to drive towards the vehicle when they observed a vehicle fleeing the scene at a high rate of speed with four occupants. The driver failed to yield to the officers going through various stop signs and speeding. The rear passengers were moving around the vehicle with alacrity as the vehicle sped away. Other officers joined in the chase. The vehicle finally stopped on Visitacion and one suspect ran from the vehicle but was later captured. The officers located a 9 mm. hand gun on the floorboard and an empty gun magazine. One suspect was found to be wanted on serious domestic violence charges from Teddy Street earlier in the day. Two suspects, one living on Teddy and the other on Brussels Street were charged with various felonies. At 6:30 p.m. officers went to the first block of Tucker on a domestic violence case where a woman had been beaten with a shotgun. The officers located a shotgun and loaded revolver and arrested a suspect on two felony counts.

*On Dec. 30 at 10:30 p.m., an officer stopped a vehicle at Schwerin and Geneva for an equipment violation. The driver, who resides on Mill Street, was found to be driving with a suspended license. He was cited and his vehicle towed.

*On Jan. 1 at 8:08 a.m. an officer stopped a vehicle at Leland and Loehr for a stop sign violation. The driver, who resides on the 200 block of Capistrano, was cited and his vehicle towed.

*On Jan. 3 at 8 p.m. officers went to the 200 block of Blythdale on a report of a man breaking windows, throwing clothes and beating a woman. The officers arrested a subject who resides on the 100 block of Blythdale for two felony counts.

*On Jan. 5 at 11:20 a.m., officers went to the 1100 block of Brussels to serve a restraining order. They found the suspect and arrested him for domestic violence, felony assault and a warrant charging hit & run driving. At 11:49 a.m. officers were patrolling in the area of 140 Blythdale. They spotted a subject who was wanted on a driving with a suspended license warrant and arrested the subject, who resides in Daly City. At 6 p.m. officers were searching for the location of reported gunshots on the first block of Santos. They observed a suspect acting suspiciously and stopped him. He gave a false name but they were able to ascertain his true identity. He was found to have a no bail parole warrant.

*On Jan. 6 at 6:30 a.m. on the 300 block of Campbell, a suspect was confronted by a victim as the suspect was trying to break into an automobile. The two fought for some time with the suspect hitting the victim with a hard object. The suspect fled on foot but dropped a pay stub that identified him. The case is being investigated. At 3:08 p.m. officers were on Visitacion near Sawyer. They saw two suspects near two autos on the sidewalk. The officers recognized one of the suspects from a prior stolen auto arrest. One suspect was arrested for auto theft after violently resisting, Other suspects fled the area in a vehicle and on foot. Other officers arrived on the scene who found one suspect on foot behind Visitacion Valley Middle School. Ultimately, both suspects were arrested for auto theft, resisting arrest, possession of master keys, possession of burglar tolls and narcotics violations. One suspect had a warrant for auto theft. The suspects reside on the 1900 block of Sunnydale and 500 block of France.

*On Jan. 11 at 2:20 a.m., a victim was at San Bruno and Felton. He honked his hom at the car in front of him at which time a suspect pointed a black hand gun at him and then fled the area. At 8:33 a.m., officers went to the 1900 block of Sunnydale on a domestic violence call where a woman had been strangled by her boyfriend. The suspect, who lives in Berkeley, was charged with domestic violence and threats. At 4:20 p.m. a suspect attempted to cash a forged check at the Bank of America at 6 Leland. At 6:15 p.m., officers went to the first block of Brookdale on a fight between mother and daughter that resulted in the daughter being beaten and strangled. The mother was arrested on three charges.

*On Jan. 12 at 4 p.m., officers were on the lookout for a domestic violence and stalking suspect who repeatedly has been harassing his ex-wife and resisting officers when confronted. They took up a surveillance post on the 100 block of Tioga and located the suspect. He was charged with stalking, terrorist threats, violation of a stayaway order, driving with a suspended license, evading a police officer and warrants.

*On Jan. 13 at 2 p.m., officers went to the 100 block of Brookdale on a burglary call. Based upon their quick response they arrested three subjects who live in the area and were on the victim's premises. The suspects had entered through a rear window. One suspect was also arrested for a no bail warrant charging burglary from another case.

*On Jan. 14 at 8:30 a.m., officers went to the 100 block of Blythdale on a domestic violence case where a drunken subject had struck a victim and yanked a chain from her neck. The suspect, who lives on Willis Court, was arrested on multiple felonies.

Police Summaries

*Dec 17 12 noon, 1500 block of Sunnydale Ave., domestic violence, threats, harassment.

*Dec 17 12 noon, 450 Raymond Ave., inappropriate remarks to a teacher

*Dec 17 1:36 p.m., first block of Castillo St., burglary, front door forced.

*Dec 17: 9:45 p.m., 900 block of Brussels St., burglary, front gate and front door, ransacked.

*Dec 18: 9:57 a.m., first block of Santos St., gunshots to window

*Dec 18. 11:55 a.m., Arleta Ave. & Rutland St., robbery, knife, near bus stop, no injury.

*Dec 18 8 p.m., Velasco Ave. & Acacia St., robbery, pursesnatch, pushed to ground.

*Dec 17. 10:30 a.m., 1800 block of Sunnydale Ave., burglary, front door, missing liquor and TV

*Dec 20: 2 p.m., 100 block of Tioga Ave., burglary, front door, ransack.

*Dec 23. 4 p.m., 100 block of Leland Ave., juveniles throwing bleach.

*Dec 24. 10:30 a.m., first block of Santos St., burglary, front door

*Dec 24. 3 p.m., first block of Brookdale Ave., extortion report.

*Dec 25: 9 a.m., first block of Brookdale Ave., battery, domestic violence.

*Dec 27 8 p.m., 1500 block of Sunnydale Ave., domestic violence.

*Dec 27 12 noon, 100 block of Britton St., probation, search of fraud suspect.

*Dec 28. 9:30 a.m., 200 Block of Hahn St., domestic dispute.

*Dec 28 4:45 p.m., 100 block of Leland Ave., burglary, residential care home.

*Dec 28: 7:05 p.m., 1200 block of Girard St., assault near bus with pipe.

*Dec 29: 6 a.m., Teddy Ave. & Rutland St., domestic violence.

*Dec 29: 12 noon, 2900 block of San Bruno Ave., phone lines cut.

*Dec 29: 11:30 p.m., 185 Britton St., assault weapon found at BBQ pit.

*Dec 30 10:45 a.m., 1700 block of Felton St., threats, domestic

*Dec 30: 9:30-11:00 a.m., 1800 block of Sunnydale Ave., burglary, bedroom window open, money

*Dec 30: 11:56 a.m., Leland Ave. & Bayshore Blvd., auto theif, escaped

*Dec 30: 12 noon-5:30 p.m. 100 block of Brookdale Ave., burglary, back door unlocked, appliances.

*Dec 30: 1:30-6 p.m., 1800 block of Sunnydale Ave., burglary, front door locked in, appliances.

*Dec. 31 1:30 p.m., 100 block of Tioga Ave., stalking, threats, suspect known.

*Jan. 3 9:20 p.m., Girard St. & Harkness Ave., pedestrian injury

*Jan. 3 2:30 p.m. 1900 block of Sunnydale Ave., domestic threats.

*Jan. 3 8 p.m., 1500 block of Sunnydale Ave., fraud.

*Jan. 4 8 p.m., 100 block of Blythdale Ave., shots fired into building.

*Jan. 4 10:15 p.m., 100 block of Tioga Ave., domestic violence, suspect fled.

*Jan. 5 2:10 p.m., Delta St. & Visitacion Ave., robbery, punched and purse taken.

*Jan. 7 4:30 p.m., 100 block of Blythdale Ave., burglary, rear window, television.

*Jan. 8. 2:20 p.m., 100 block of Britton St., domestic violence.

*Jan. 8 6:30 p.m., 1500 block of Sunnydale Ave., assault, suspect known.

*Jan. 9: 12:05 a.m., 200 block of Peabody St., domestic violence.

*Jan. 9: 1 p.m., McLaren Park, dog bite.

*Jan. 12: 5:30 p.m., Geneva Ave. & Santos St., road rage.

*Jan. 12: 8:40 p.m., Hahn St. & Visitation Ave., robbery, pursesnatch.

*Jan. 12: 9:00 p.m., 200 block of Blythdale Ave., domestic violence.

*Jan. 13: 6 p.m., 100 block of Britton St., burglary, window entry, TV taken.

Landmark Extension of Health Care Coverage

From Page 1

Last July, the Mayor's *Time for a Change* budget allocated $1.9 million in funding to San Francisco Health Plan to expand health care coverage to San Francisco s young adult population. SFHP reports that almost 400 young adults and parents have already enrolled in the new program since its late December implementation.

SFHP is the only community health plan in the United States that extends complete health care coverage – medical, dental, vision, and pharmacy – to the 19-24 year-old population. According to the 2003 California Health Interview Survey, 44 percent of San Franciscans aged 19-24 are uninsured; approximately half of these are estimated to be low to middle-income young adults with incomes below 300 percent of the Federal Poverty Level.

About San Francisco Health Plan

San Francisco Health Plan (SFHP) is a licensed community health plan providing affordable health coverage to low and moderate-income families residing in San Francisco. SFHP was designed for and by the residents it serves – many of whom would not be able to otherwise obtain health care for themselves or their families.

Through SFHP, members have access to a full spectrum of medical services, including preventive care, hospitalization, prescription drugs, family planning, and substance abuse programs. SFHP's mission is to provide superior, affordable health care that emphasizes prevention and promotes healthy living, with the goal of improving the quality of life for the people of San Francisco.

Police Community Meeting in February

Members of the Visitacion Valley community are encouraged to express their views on neighborhood issues by attending the next monthly *Police Community Meeting* with Captain Paul Chignell of the Ingleside Police District at 7 p.m. on Thursday, Feb. 10 at the *Playground Clubhouse* on the corner of Leland Avenue and Cora Street.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
JESUS BAKERY, 98 Leland Ave., 587-7721
LITTLE QUIAPO BAKE SHOP, 168 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3155

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-9950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwerin St., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
SAN ON HERBS, 33-A Leland Ave 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC, CMFC, 333-0850
ALICE L. WONG, 160A Leland Ave., 337-8811

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 586-8320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER
NATIONWIDE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3520
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
OR SAM HO, MD, 9 Silliman St. No. 4, 337-6135
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 98 Arleta Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
JUSTYNA P TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235
CATHY KUNE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave 731-5011 ex. 163

RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd. 330-0736, Fax 330-9813
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
TWO JACK'S, 167 Leland Ave., 337-0433
Y & G RESTAURANT, 73 Leland Ave., 469-5686

SCULPTOR
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

TAVERN
THE CLUB HOUSE, 25 Blanken Ave

TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

VIDEO
No. 1 VIDEO RENTAL, 144 Leland Ave., 586-1038

Family & Community Services Center

Visitacion Valley Community Center, Inc.

Classes at
Visitacion Valley Community Center,
50 Raymond (Ceramic Room)
Free Consultation (appointment or drop-in)
with S.F. Health Plan Coordinator;
Low-Cost Health Insurance
Every Wednesday, 9 a.m. -4:30 p.m.

Men's Support Group
Every Tuesday & Thursday, 6-8 p.m.

Women's Support Group
Every Wednesday, 5:30-7:30 p.m.

For more information, contact
the following staff members:
Meriam T. Abalos, FCSC Coordinator
Marichelle Punzalan, Asst. Coordinator
Joanna Wong, Counselor
Tammie Lawrence, Outreach Worker
Han Chen, Intern Social Worker

Monday and Friday: 9 a.m. - 4:30 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3:30 p.m.

Parents Advisory Council Meeting
Friday, February 4
5:30 to 7:30 p.m. at 325 Leland Ave.

Parenting Workshop, Friday, February 11
5:30 to 7 p.m. at 161 Leland Ave.

Parents Support Group
Thursday, February 17
10:30 to 12 noon at 161 Leland Ave.

Snow Trip to Tahoe
Saturday, February 19
6 a.m. to 7:30 p.m.

Financial Literary Workshop
Thursday, February 24
5:30 to 7:30 p.m. at 325 Leland Ave.

Family Meet & Eat, Friday, February 25
5:30 to 7:30 p.m. at VVCC, 50 Raymond Ave.

Free Food Distribution from 3 to 4 p.m.
Mondays, February 7, 14 and 28
at 161 Leland Ave.
Pre-registration every Tuesday and Wednesday
from 10:30-11:30 a.m. at 161 Leland Ave.

161 Leland Avenue **(415) 586-6998 Fax 586-8027**

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Cathy Kline Saunders
Broker Associate

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SAN FRANCISCO, CA 94127

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